

Mental Health in the Workplace



Depression is the leading cause of disability worldwide

Employees can easily feel stressed and anxious trying to balance work, friends, and family while navigating their careers.



Early identification and treatment saves and improves lives, while reducing associated healthcare and disability costs.

General statistics and data

16 million adults in the United States live with major depression.¹

\$210 BILLION

per year is the economic burden of major depression.³

18 million adults in the United States live with anxiety disorders.²

Within the Workplace



30% of the U.S. workforce reported having depression.⁴

70% of those who reported having depression were **not currently receiving treatment.**⁴

44% lost work time was reported for employees with depression compared to employees without depression who also filed short-term disability claims.⁴

97% of employees who reported having depression **also** reported having other medical conditions.⁴

WAYS TO FIND HELP

Step 1



Talk to your doctor who may be able to provide treatment, or refer you to a specialist.

Step 2



Connect with a Mental Health Professional

- Contact your health insurance company and ask for information for nearby professionals who accept your insurance plan.
- If you do not have health insurance, contact your community mental health center.

Step 3



Build a solid team with select friends and family who will support your efforts in finding help.

Step 4



Find a local support group. Many hospitals and community centers host support groups.



**2-MINUTE
MIND CHECK**

The 2-Minute Mind Check campaign helps employees in the San Francisco Bay area determine where they stand on the depression scale and it provides free resources for getting help. The 2-Minute Mind Check is a community initiative of ADAA (the Anxiety and Depression Association of America), NAMI-SF (National Alliance on Mental Illness-San Francisco), WeWork and Meru Health.

Visit www.2minutemindcheck.com to learn more!

1. World Health Organization (2012), Substance Abuse and Mental Health Services Administration (2013)

2. National Institute of Mental Health www.nimh.nih.gov

3. Greenberg, P. E., Fournier, A. A., Sisitsky, T., Pike, C. T., & Kessler, R. C. (2015). The economic burden of adults with major depressive disorder in the United States (2005 and 2010). *The Journal of clinical psychiatry*, 76(2), 155-162.

4. "The Full Costs of Depression in the Workforce" research report by the Integrated Benefits Institute (2009)